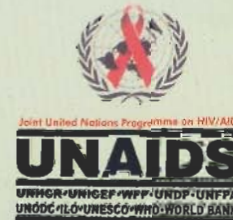


PREVENTION OF AIDS

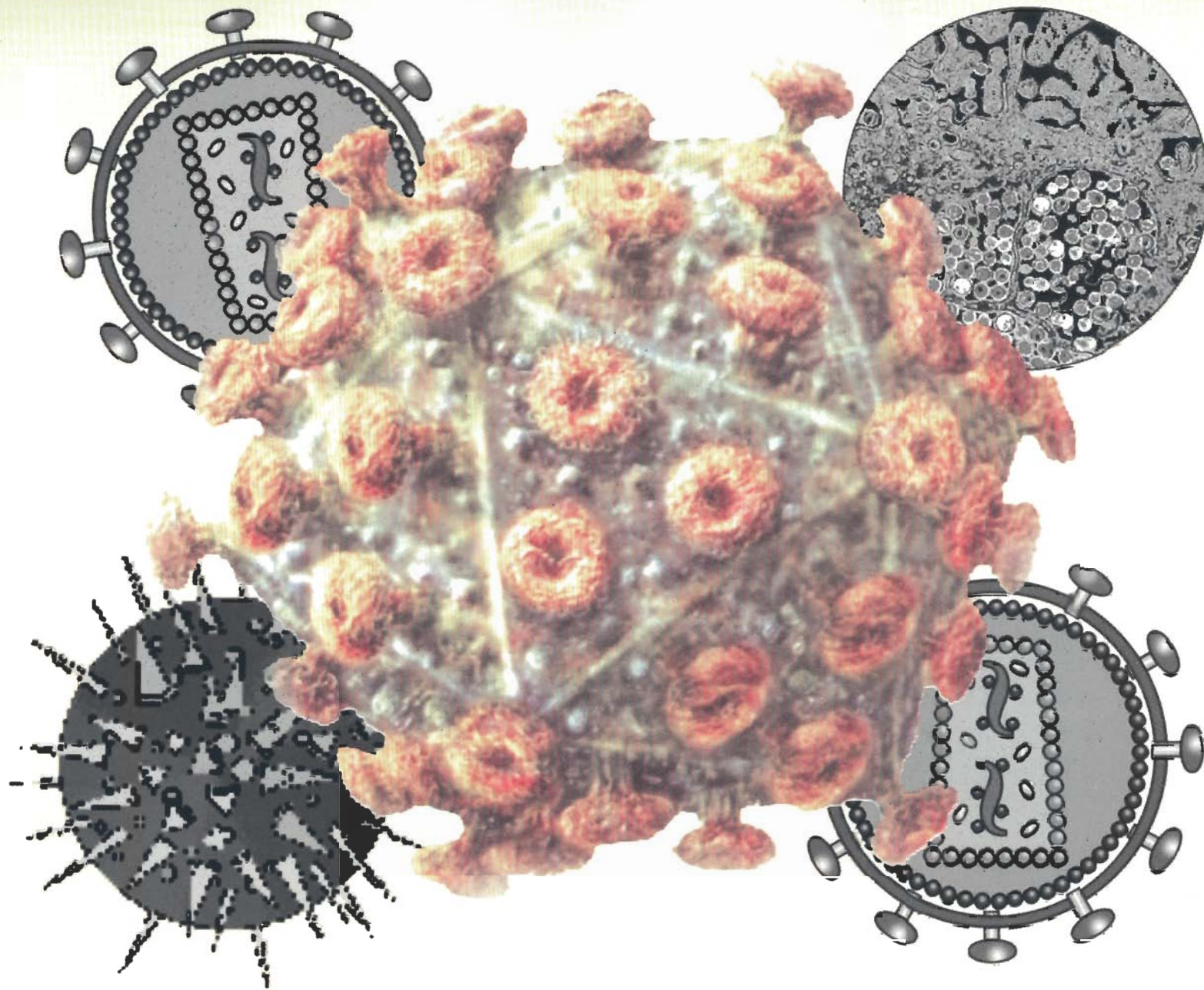
*Knowledge of AIDS
Saves Life*



Dir Gen Armed Forces Med Services, Min of Def, New Delhi

The AIDS Virus

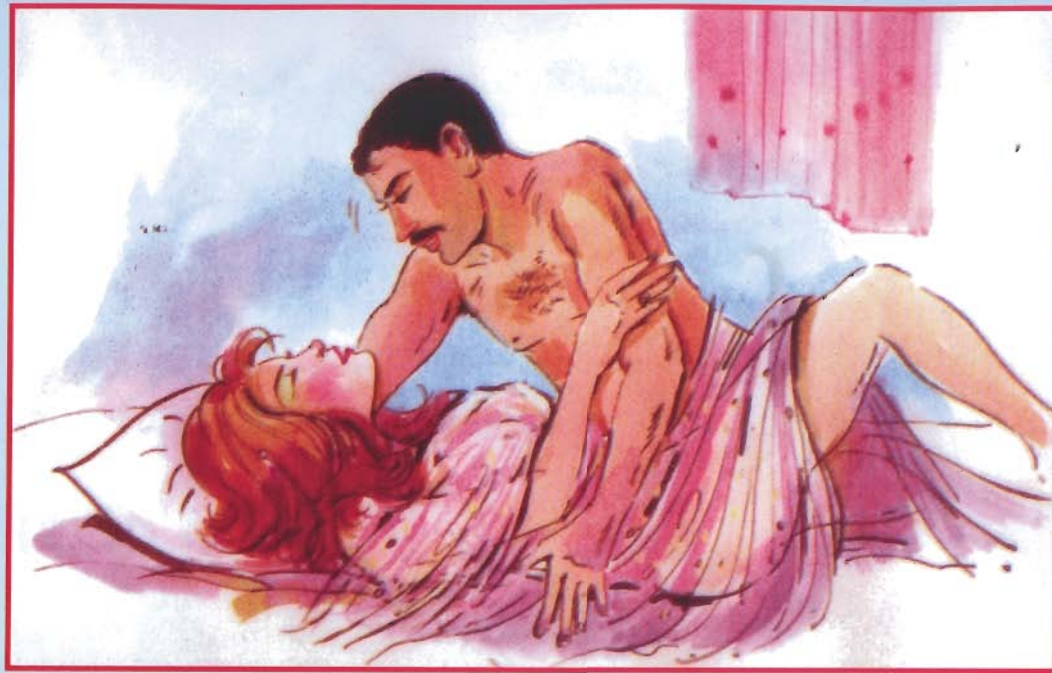
- ✦ **AIDS is caused by a Virus Called HIV
(Human Immunodeficiency Virus)**
- ✦ **Virus is a micro-organism smaller than bacteria**
- ✦ **Virus cannot be seen under ordinary microscope**
- ✦ **HIV was first detected in USA in 1981**
- ✦ **HIV has now spread globally**



THE AIDS VIRUS

How Does HIV Spread ?

- ✦ Through sexual intercourse
- ✦ Through infected blood & blood products
- ✦ Through Infected / Contaminated needles, syringes or other Instruments (Parenteral Transmission)
- ✦ From an infected mother to her unborn child (Vertical Transmission)



Sexual Transmission

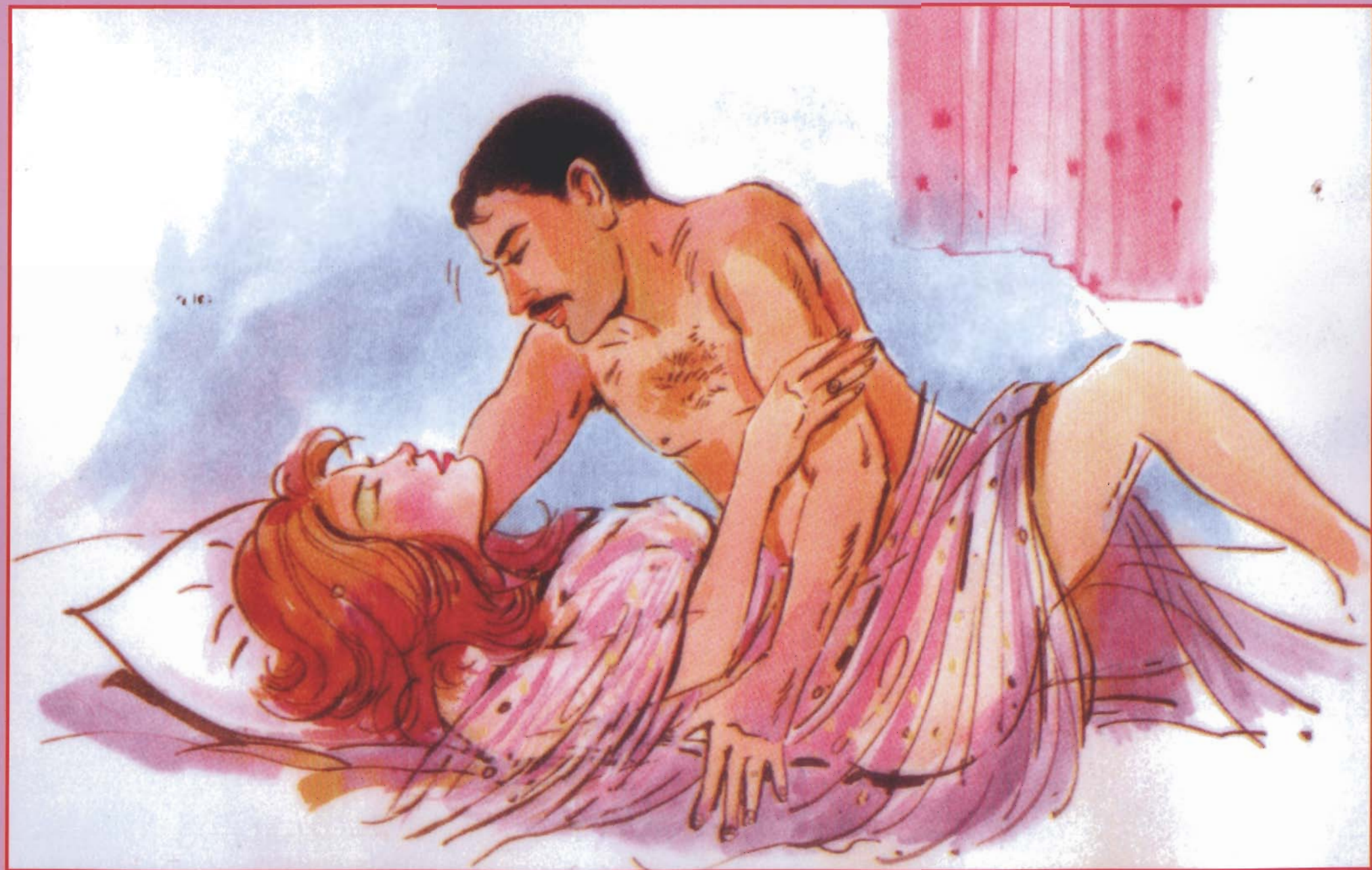
✦ **HIV/ADS spreads mainly through unprotected sex/unsafe sex - both vaginal and anal (accounts for 90-95% of all infections)**

(Unprotected sex / Unsafe sex - Having sex with HIV/AIDS infected person without condom)

✦ **HIV enters through semen or vaginal fluids**

✦ **Chances higher during anal intercourse**

✦ **Minimal risk also exists during oral sex**



Through infected blood and blood products

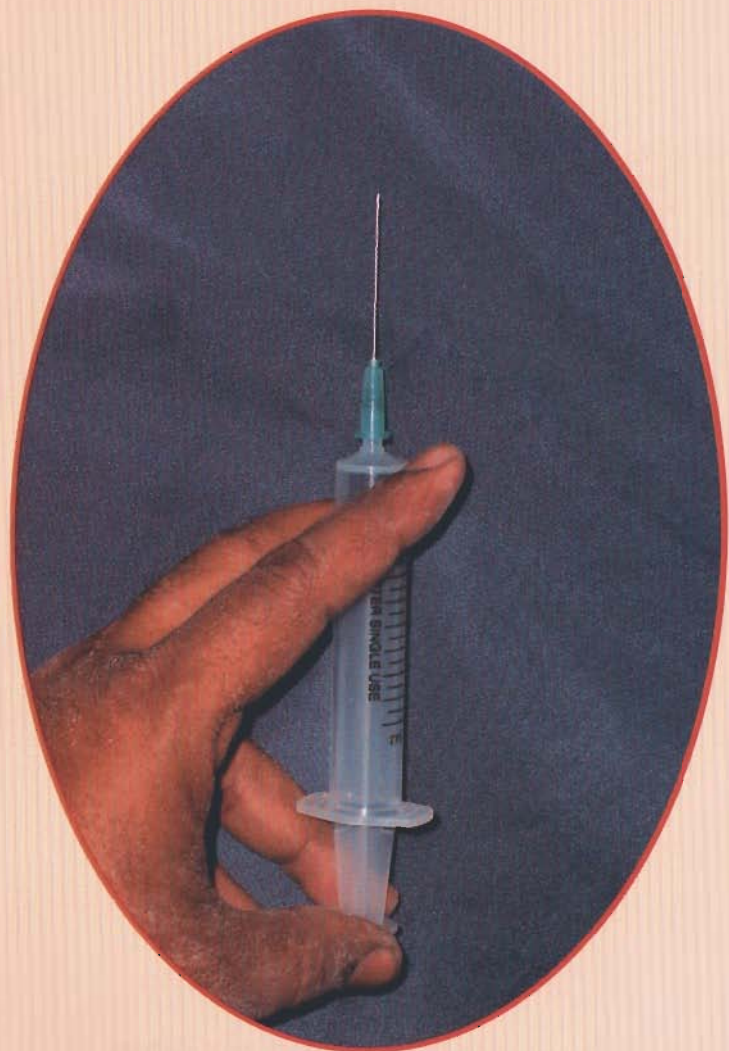
Another important source of spread of HIV/AIDS is

- ✦ **Transfusion of infected (untested / unscreened) blood**
- ✦ **When a person receives infected blood / blood products he / she gets the virus along with it**
- ✦ **It is the most efficient method of HIV / AIDS transmission with almost 100% transmission (accounts for 8-10% of all infections).**



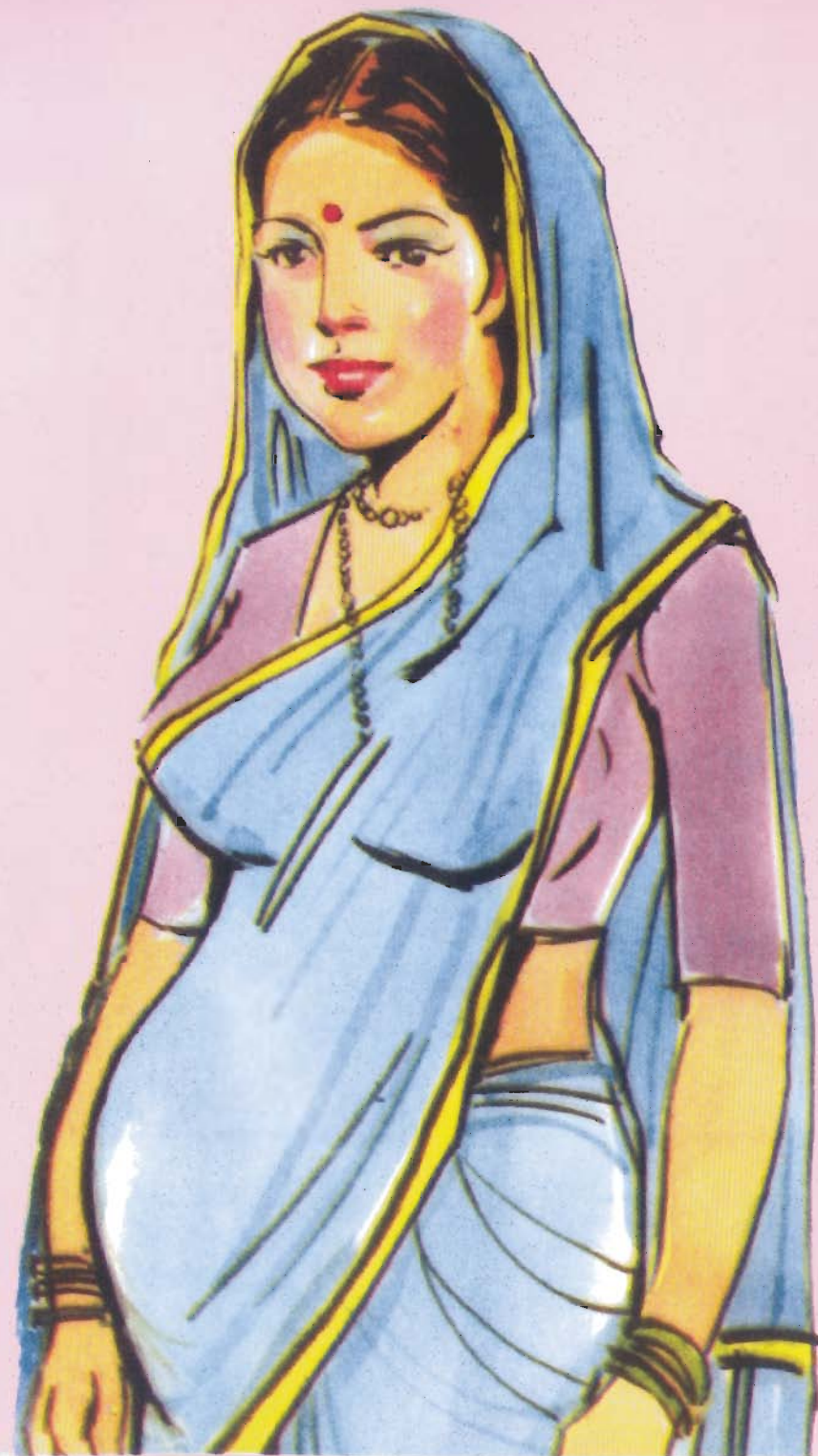
Parental Transmission

- ✦ HIV also enters the body through sharing of infected (Contaminated) needles and syringes. This is mainly seen in intravenous drug addicts.
- ✦ HIV enters the body when a person shares / uses an infected (contaminated) needle or syringe.
- ✦ It is an important mode of infection in the NE region of India.



Vertical Transmission

- ✦ **HIV can be transmitted by an infected mother to her baby**
 - (a) During pregnancy (to the foetus / unborn child)**
 - (b) During process of labour / delivery**
 - (c) During breast feeding**
- ✦ **One in every three such children born to HIV infected mother will get infected**
- ✦ **Registration with ANC & specific care can greatly reduce this transmission**





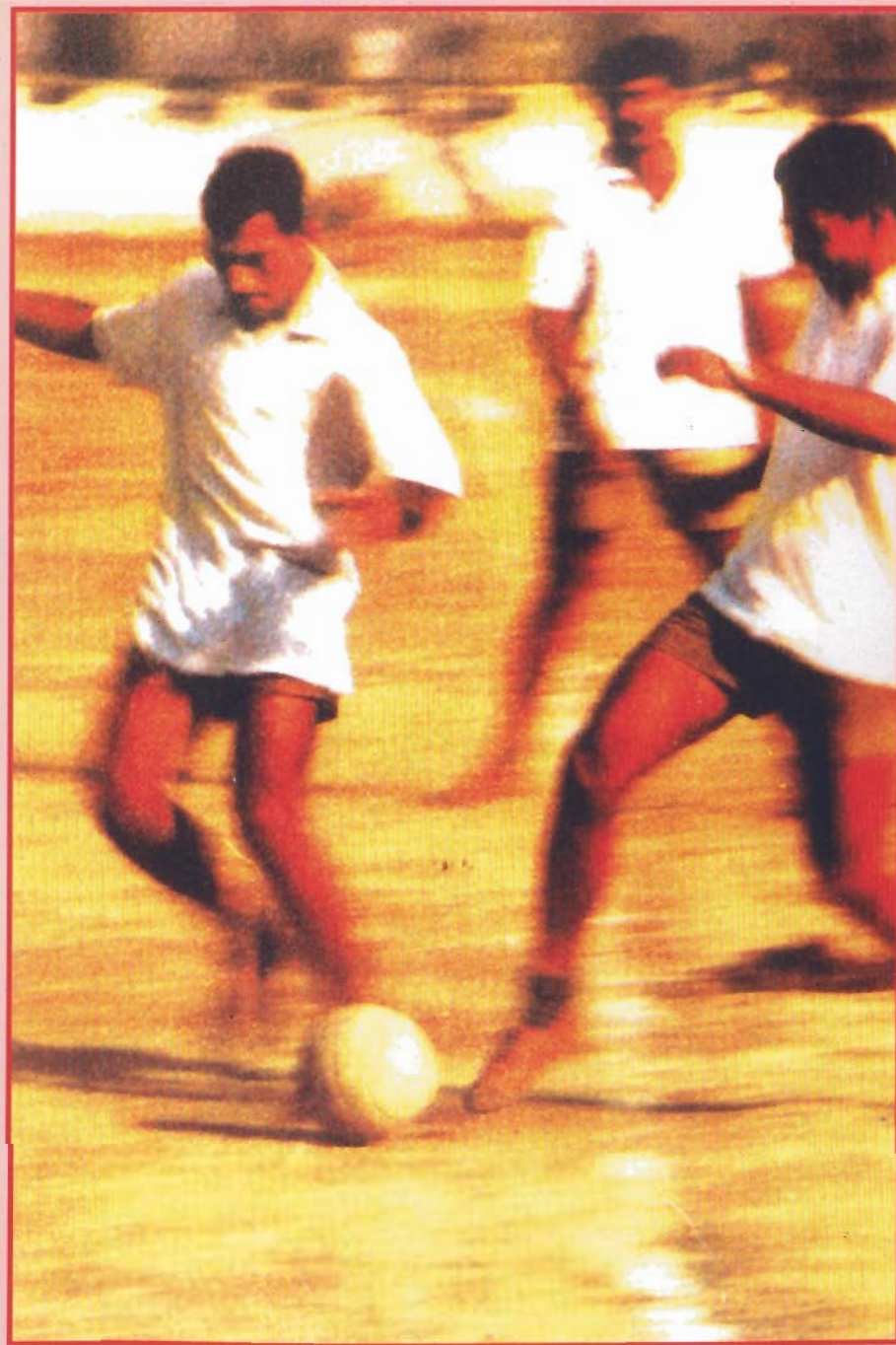
AIDS does not spread by

- ✦ **Eating together**
- ✦ **Drinking water from same tumbler/glass**
- ✦ **Eating from a common utensil**



AIDS does not spread by

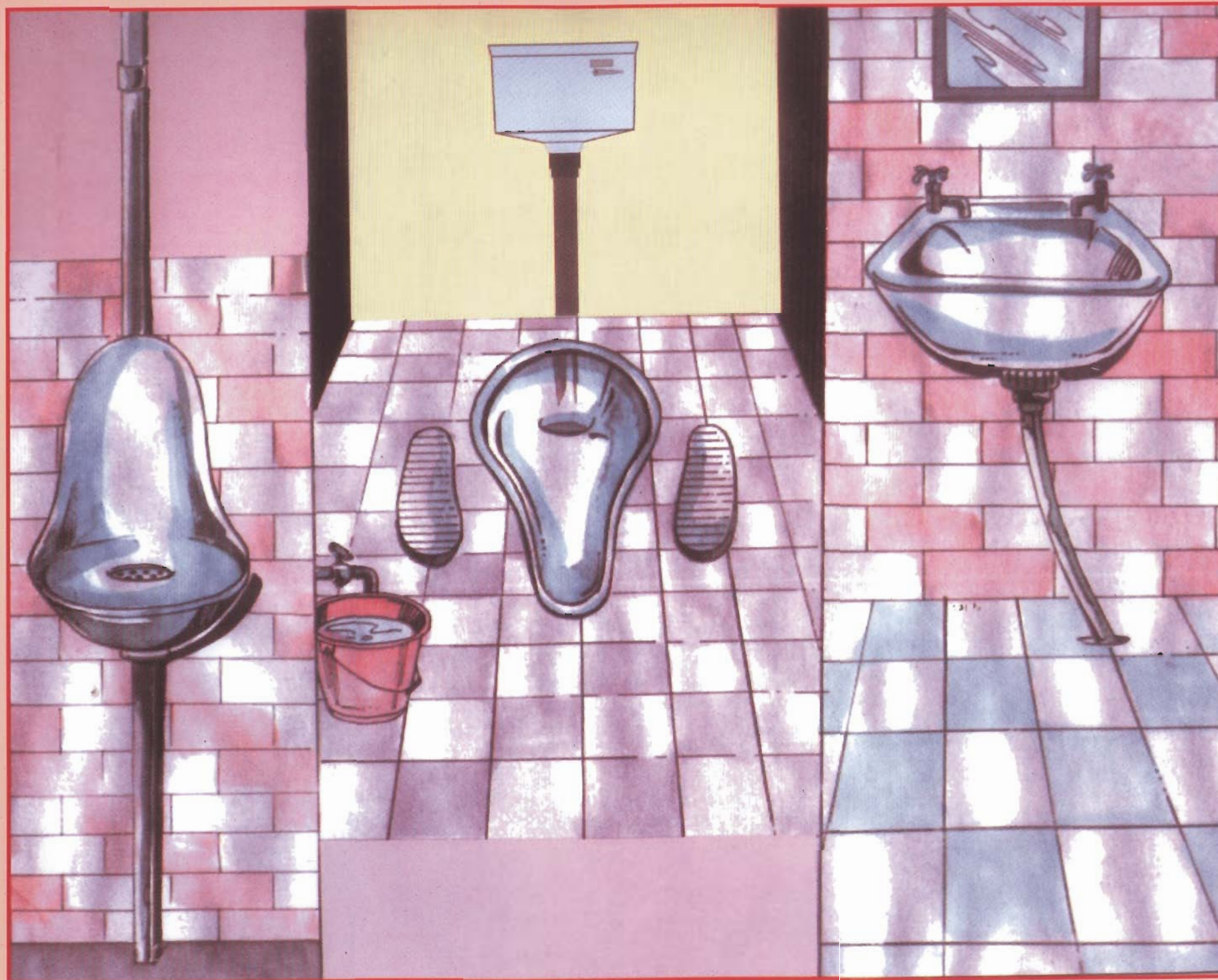
- ✦ **Swimming together**
- ✦ **Playing together**



AIDS does not spread by



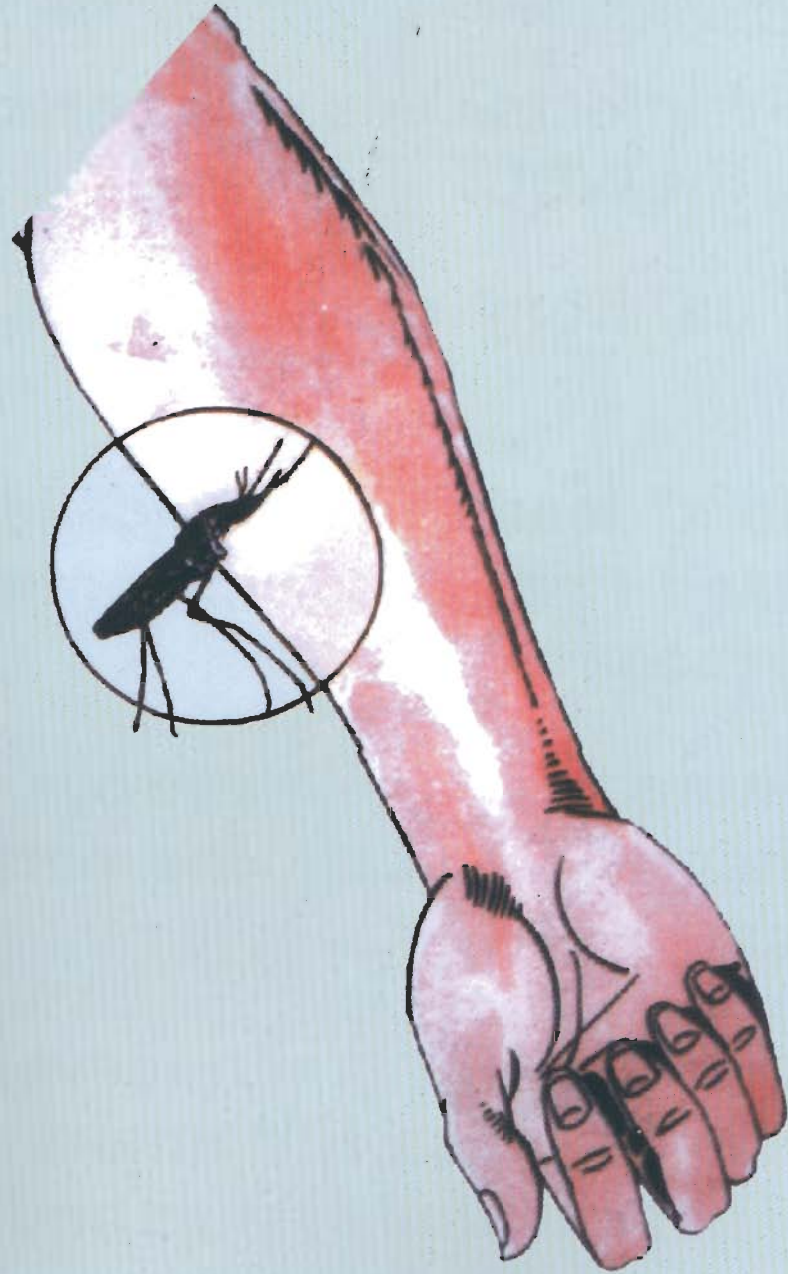
Sharing of public latrines, urinals and bathrooms etc.



AIDS does not spread by



Bite of mosquitoes and bed bugs



What does HIV do to harm us ?

- ✦ After entering human body HIV infects cells of a persons “Immune / Defence System” i.e the WBC.
- ✦ “Immune System” protects us from disease causing micro-organisms.
- ✦ Destruction of “immune system” leads to the individual not being able to protect himself / herself from common illnesses like fever, cough, diarrhoea etc.
- ✦ When HIV enters the healthy human body it destroys the person's immune system. After a few years the person suffers from AIDS and dies because of it.
- ✦ In the same way that a sturdy tree with green leaves is destroyed by termites and insects, once HIV enters the healthy person it destroys his / her immune system and the person dies of AIDS.

Healthy Person



AIDS Patient



What common problems can HIV/AIDS patient suffer from?

For the initial 7 to 8 years there are no symptoms. Symptoms develop only at a late stage.

Major problems

- ✦ Loss of weight (> 10%)
- ✦ Prolonged fever (> one month)
- ✦ Chronic Diarrhoea (> one month)

Minor problems

- ✦ Chronic cough (> one month)
- ✦ Itchy skin rash
- ✦ White patches inside mouth / throat
- ✦ Swollen glands (> 3 months)



Diagnosis of HIV Infection

- ✦ How do we know if a person has HIV / AIDS ?
- ✦ HIV infection can only be detected by a blood test in the laboratory.
- ✦ HIV / AIDS can not be detected by any other method specially by seeing a person.



Laboratory



How can we protect ourselves from HIV / AIDS ?

- ✦ **Practice Safe Sex - (Partner).**
- ✦ **Have sex only with your spouse (Husband / wife).**
- ✦ **Be faithful to your spouse to avoid AIDS.**
- ✦ **Avoid sex before marriage.**
- ✦ **For safe sex use condom.**

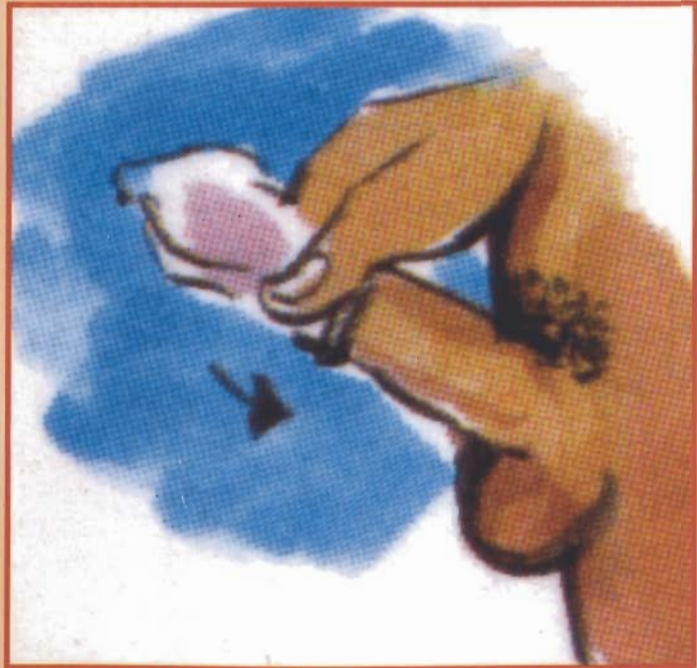
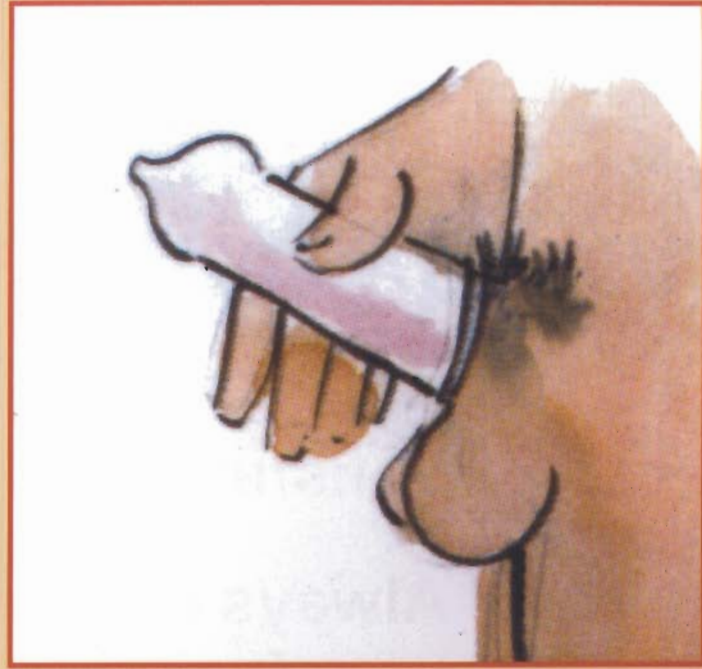
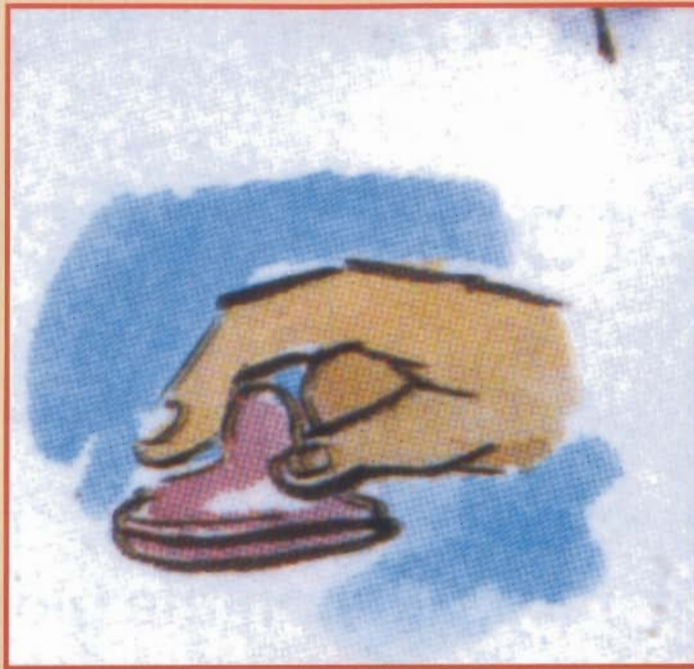


Safe Sex : Use of Condoms

Use of condoms during sex protects against HIV / AIDS

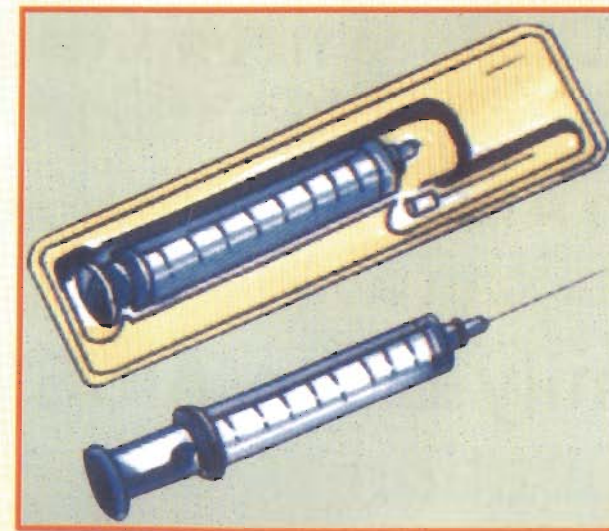
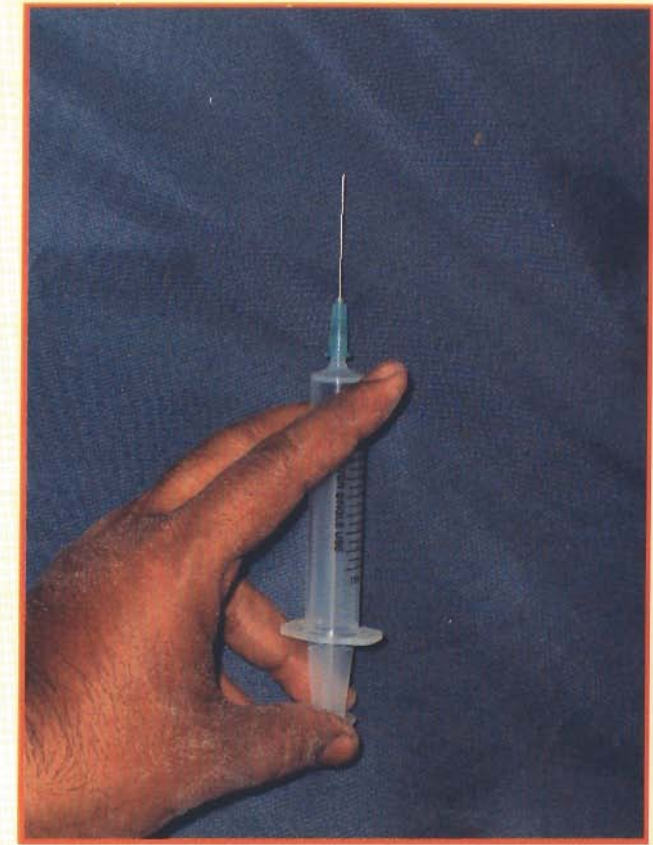
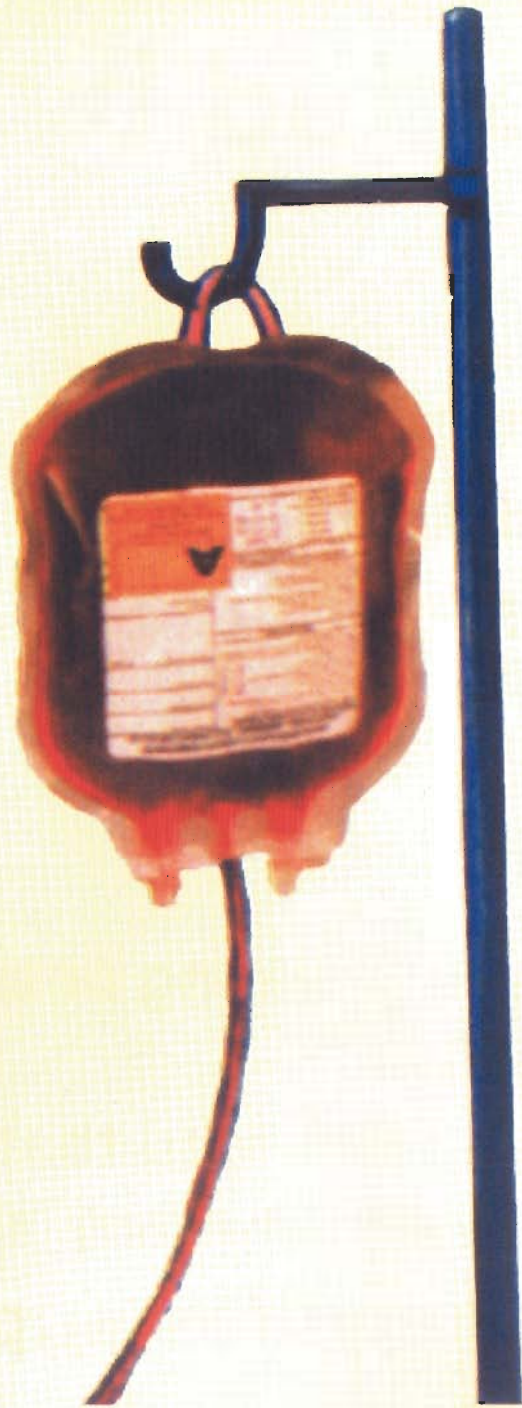
Correct way of Using Condoms :

- ✦ **Open the condom carefully**
- ✦ **Remove any air from the condom by pressing the teat between your thumb and index finger**
- ✦ **Apply the condom completely over the shaft of erect penis. After sex, remove the condom carefully taking care not to let the semen inside the condom to spill outside**
- ✦ **Wrap the condom in a paper and throw it in the dustbin**
- ✦ **Use a fresh condom for every sexual act**



Safe Blood / Injections

- ✦ **When required, use only screened / tested blood for transfusion**
- ✦ **Always ensure safety label on the blood bag / bottle before transfusion**
- ✦ **Always try & go to a service lab/approved / recognized blood bank for blood**
- ✦ **Always use sterilized / disposable needles and syringes with sealed packs**
- ✦ **Do not use unpacked needles / syringes**



AIDS can be prevented by

Education is the key to prevention

- ✦ **Proper use of condom during sex**
- ✦ **Transfusion of tested and safe blood only**
- ✦ **Use of sterilized / disposable needles and syringes only**

(Do not share needles and syringes)

- ✦ **Educate your family about AIDS**
- ✦ **An AIDS patient requires sympathy**
- ✦ **An AIDS patient requires support**
- ✦ **AIDS does not spread by sitting, playing, eating or talking with an AIDS patient**
- ✦ **An AIDS patient should be made to understand that he / she can live a happy and productive life for many years**

The family of an AIDS patient also requires support and education



Protect Against AIDS

- ✦ **Spread correct knowledge about AIDS/HIV**
- ✦ **Education is the key to preventing the spread of this disease**
- ✦ **Protect against AIDS**
- ✦ **Protect yourself, protect your family**
- ✦ **A healthy family is a happy family**
- ✦ **All of us are required to know about AIDS**
- ✦ **Knowledge about AIDS can prevent AIDS**
- ✦ **AIDS is a fatal disease**

